The Radiant Path
A MEDITATIVE FIELD MANUAL FOR THE MOVING RETREAT
SFO → HKG → CMB | FEB 28 – MAR 4
"The journey is not from SFO to Colombo. It is from reactivity to wisdom."
NotebookLM

The Tourist

REACTIVITY

- Grasping at outcomes
- Anxiety about delays
- Domestic concerns
- Material benefit

The Practitioner

WISDOM

- Equanimity
- Openness
- Insight
- Spiritual growth

ACTION: Set your intention. Are you practicing for genuine spiritual growth or for social benefit?

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VITAKKASANTHANA

Thought Purification

Substituting unwholesome thoughts with wholesome themes.

THE SEVENFOLD PATH

The Method

Restraining senses, Enduring discomfort, Removing taints.

METTA

Loving-Kindness

Extending goodwill to self, seatmates, and the aircraft.

SIMILE OF THE SAW

Radical Patience

Remaining undisturbed even under extreme provocation.

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PHASE I: THE THRESHOLD (FEB 28, PRE-10 PM)

LEAVE BEHIND:
• Domestic Concerns
• Attachment to Schedules
• Catastrophizing

PACK:
• One sentence of deepest intention
• A guiding word (e.g. “Equanimity”)
• The 5 Aspects of Criticism

Pack lightly in mind as well as bag.

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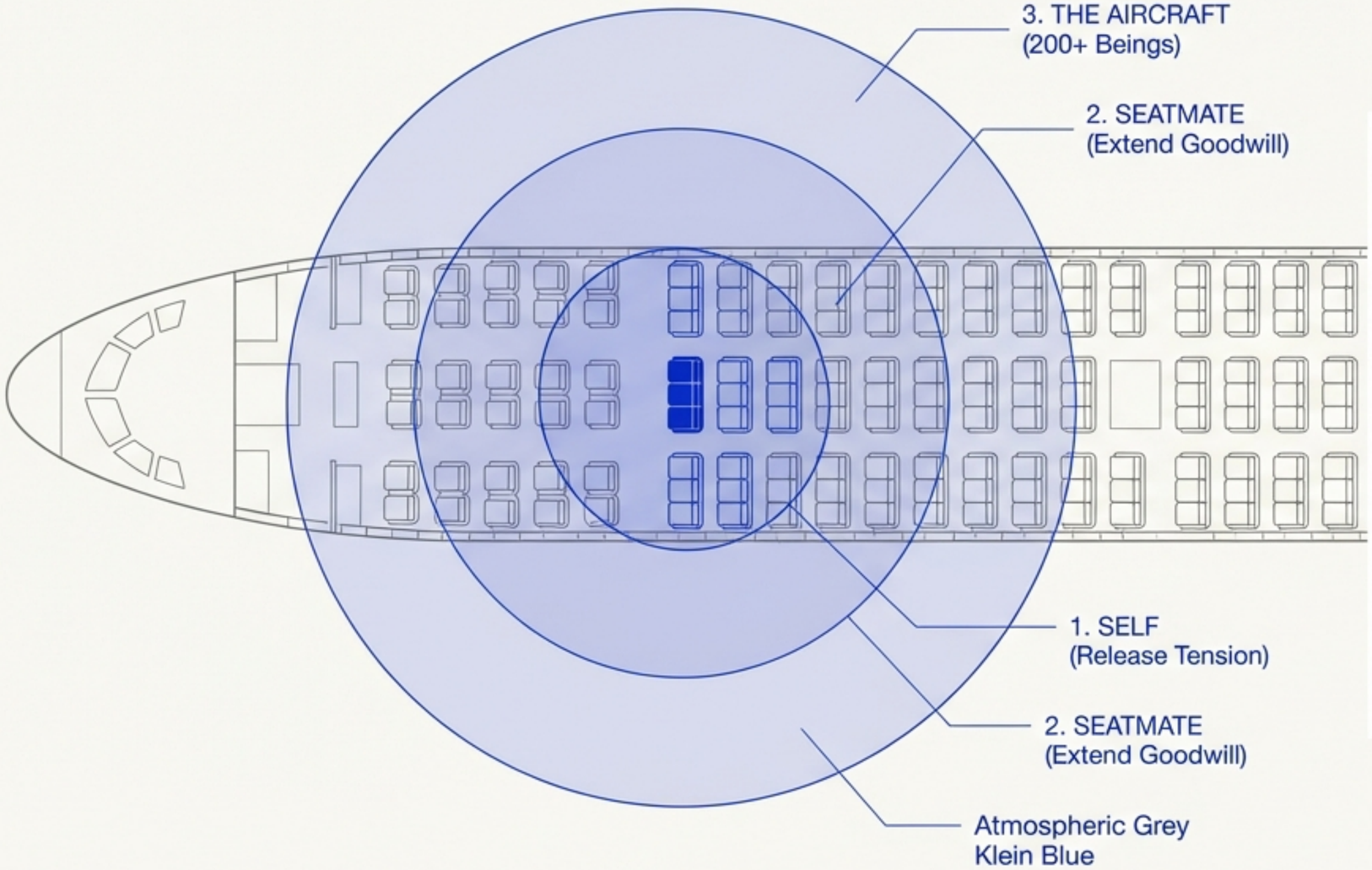
THE LONG HAUL: LAUNCH (TAKEOFF – 1 AM)



Establish the Earth-Like Mind

Like the earth that cannot be destroyed by digging, the mind remains stable amid turbulence or cramped space.

Directive: If irritation arises, replace it with gratitude or impermanence.

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THE LONG HAUL: THE CRUCIBLE (1 AM – 7 AM)

SLEEPLESSNESS: Use wakefulness as practice, not a problem.
IRRITATION: Categorize before reacting. Is it true? Gentle?
CRAMPED SPACE: Practice Breath Coordination.

Discomfort is the teacher. Separate the sensation from the story.

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THE DESCENT (7 AM – LANDING)

The Review

- ☐ Which sense door caused difficulty? (Sound, Touch, difficulty? (Sound, Touch, Mind)
- ☐ Where did you succeed in patience?
- ☐ Expand Metta from aircraft to the city below.

"Is there any discomfort, large or small, that I cannot endure with love?"

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THE LAYOVER: SENSE RESTRAINT (HKG ARRIVAL)

Do Not Engage

The airport is a sensory assault.

WALKING:
Move slowly.

SEEING:
Observe without grasping.

INFORMATION:
Restrict consumption.

EATING:
Nourishment only.

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THE LAYOVER: THE WATER-LIKE MIND (PRE-BOARDING)

DATE: March 1 / Location: HKG

DAILY REVIEW (STAGE 7):
How was the flight? What patterns of reactivity emerged?

INTENTION:
Dissolve the heat of travel fatigue.

GRATITUDE:
[Space for user to reflect]

METTA PROJECT:
Send loving-kindness to Sri Lanka—to the people you will meet and the land itself.

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THE FINAL LEG: HKG → CMB

The Soft Leather Mind

Fatigue is the provocateur. This is the ‘Simile of the Saw’ in real life.

ANALOGY: Like a soft leather bag, be pliable. If struck, make no sound. Offer no resistance to delays or noise.

CHALLENGE: If irritation arises, ask: “Can I maintain loving-kindness even now?”

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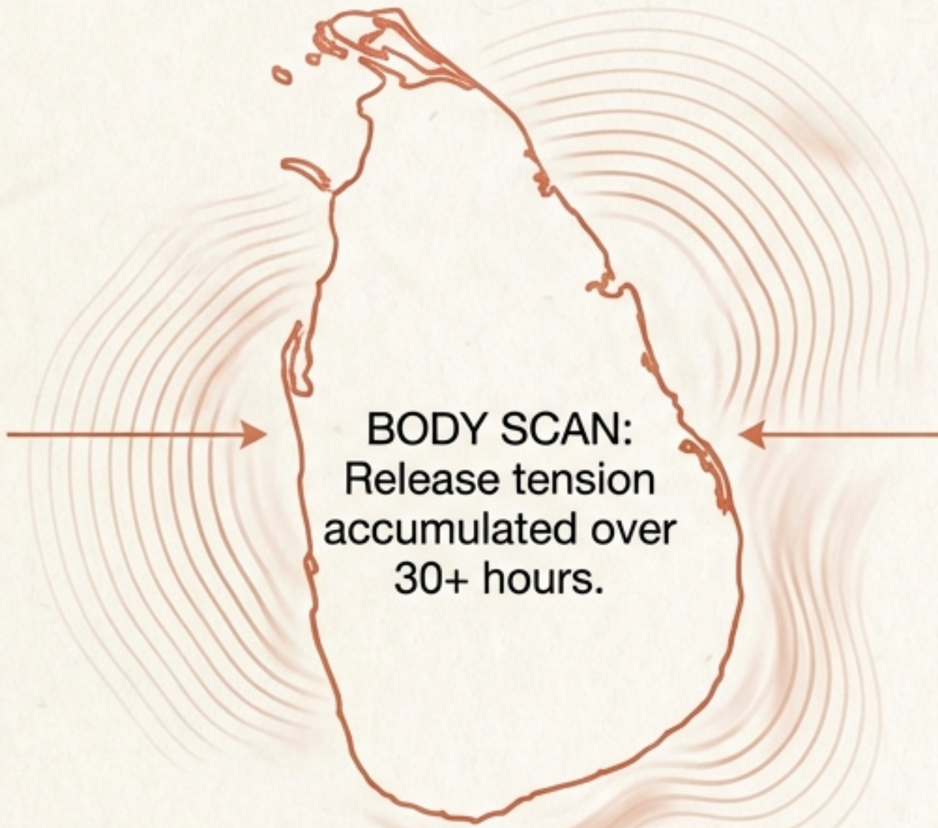
ARRIVAL: ESTABLISHING GROUND (MARCH 3)

FIRST BREATH: When wheels touch down, take one conscious breath. You have arrived.



FIRST MORNING: Before checking phone, feel the air and sounds.

Observe without Grasping.

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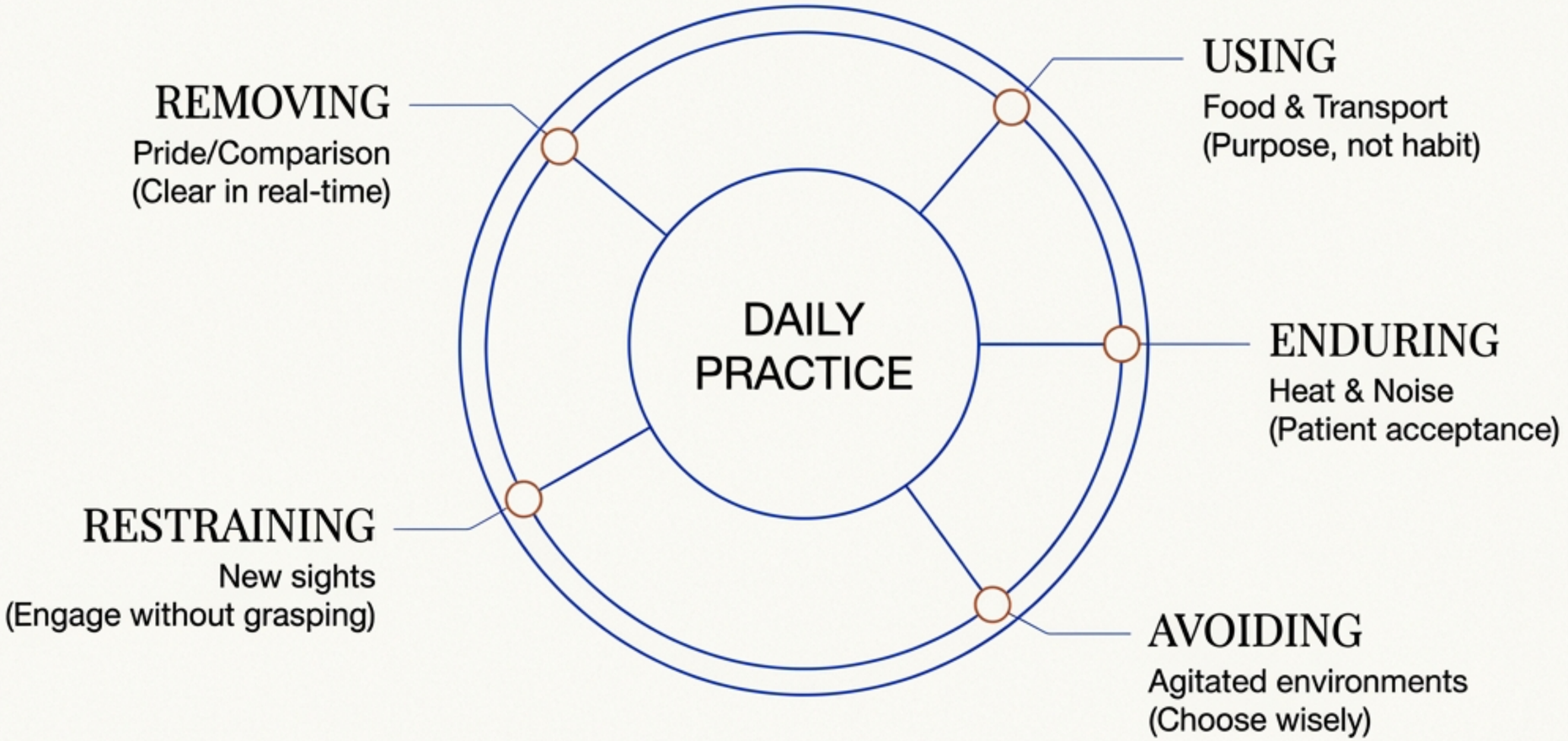
INTEGRATION: SEVEN METHODS IN DAILY LIFE



"Mastery comes through sustained practice, not forced progress."

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ADVANCED PRACTICE: MASTERY IN THE MARKETPLACE (MARCH 4)

MISSION: The practice is not separate from the place.

- ☐ TASK 1: Choose one deliberate difficulty (crowd, heat, waiting) to practice with.
- ☐ TASK 2: Practice “Not Seeing” the chaos while sitting in a public place.
- ☐ TASK 3: Intervene skillfully in your own mind using Vitakkasanthana.

Who needs to receive your loving-kindness when you return home?

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THE IN-THE-MOMENT TOOLKIT

IF ANGER / IRRITATION	PAUSE (10s) → Categorize (Is it true?) → Apply Earth-Like Mind
IF ANXIETY / FEAR	Name the Craving → Redirect to Noble Truths → Guard Sense Doors
IF FATIGUE / RESISTANCE	Separate sensation from story → Check Energy factors → Apply Soft Leather Mind

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Mental Sovereignty
The journey is not from SFO to CMB.
It is from reactivity to wisdom.
It is from taint to clarity.
It is from the saw to love.
Safe travels. May all beings be happy.
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